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Two beauty be all natural hot baths...

Savannah Skye (http://poetrypoem.com/savannahskye)

1 - Hot Apple Cider Vinegar Bath

- Pour 8 oz apple cider vinegar into hot bath and soak 30 mins.
- PH balances out your skin/scalp

Apple Cider Vinegar Oat Face Mask

- Blend whole rolled oats into fine powder
- Mix with apple cider vinegar
- Apply to face and neck
- Softens/PH balances out your face

*For the mask, use hot water as the main wet ingredient and then add 2 capfuls into the mix. Pour the rest into the bath.

2 - Hot Green Tea Bath

- Make 16oz hot green tea
- Pour into hot bath and soak 30 mins.
- Detoxifies your skin/scalp

Green Tea Oat Face Mask

- Blend whole rolled oats into fine powder
- Mix with hot green tea
- Apply to face and neck
- Detoxifies your skin/scalp

*For the mask, use hot water as the main wet ingredient and then add 2 capfuls into the mix. Pour the rest into the bath.

Note: They are inexpensive and simple, requiring no exotic ingredients.

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Lions: 5, Christians: 0.

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Last modified: August 19 2018 14:56:15